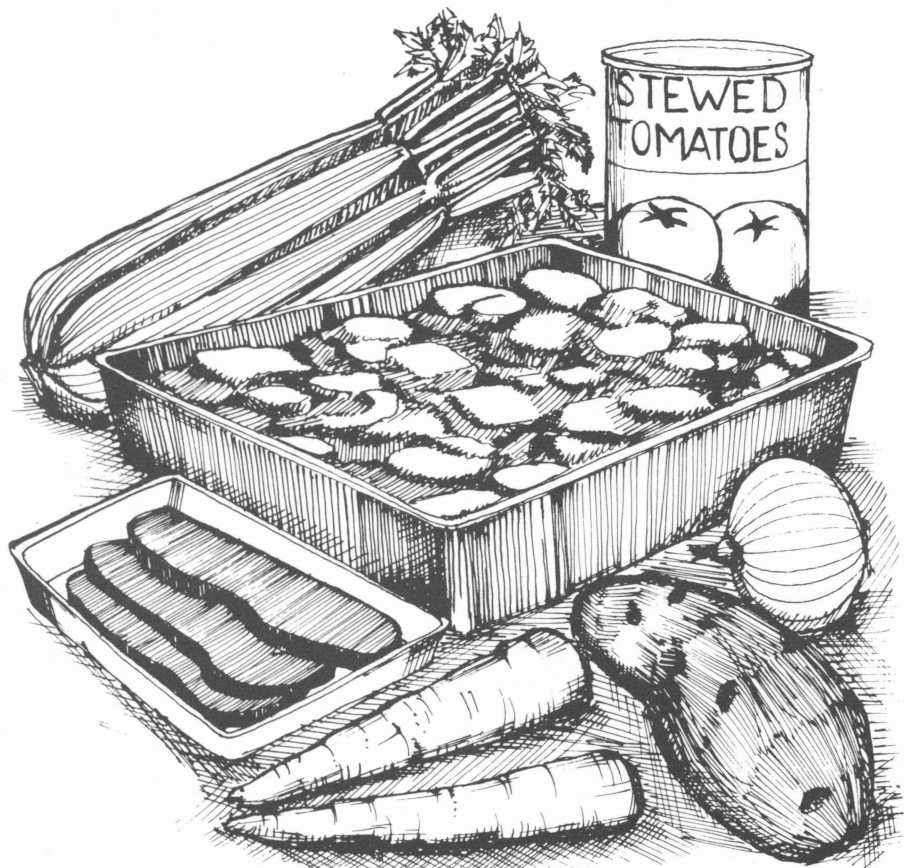


Liver Casserole

This recipe makes enough for 6 people.



What you use

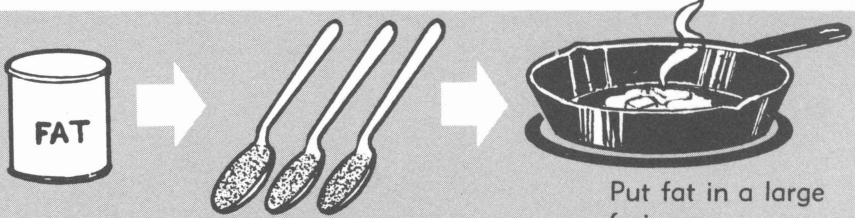
- | | |
|-------------------------------|----------------------------|
| 3 tablespoons fat | 1 onion |
| $\frac{1}{2}$ cup flour | 3 carrots |
| 1 teaspoon salt | $1\frac{1}{2}$ cups celery |
| $\frac{1}{2}$ teaspoon pepper | 3 potatoes |
| 1 pound liver | 2 cups tomatoes |

Texas Agricultural Extension Service
The Texas A&M University System
John E. Hutchison, Director
College Station, Texas

How to make Liver Casserole

Wash all fresh vegetables before you cook them.

1

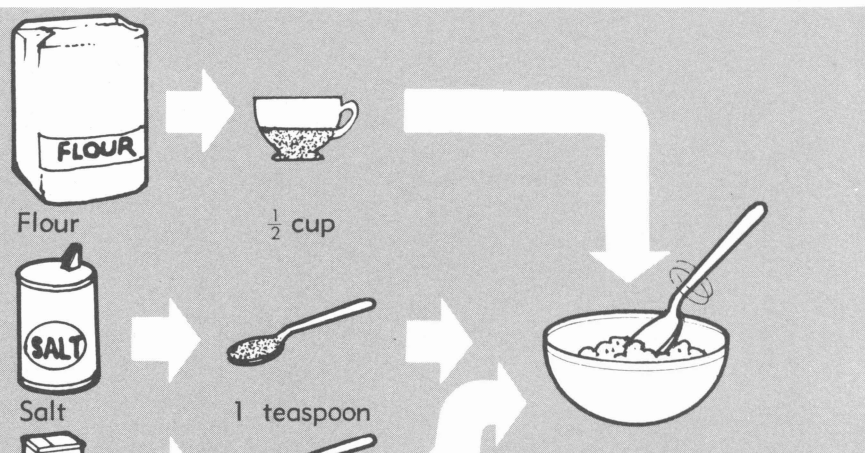


Fat

3 tablespoons

Put fat in a large frying pan. Let it melt.

2



Flour

$\frac{1}{2}$ cup

Salt


1 teaspoon

Pepper

$\frac{1}{2}$ teaspoon

Put flour, salt, and pepper in a small bowl. Stir.

3



1 pound liver

Cut it in 1 inch pieces.

Roll liver in flour mixture.

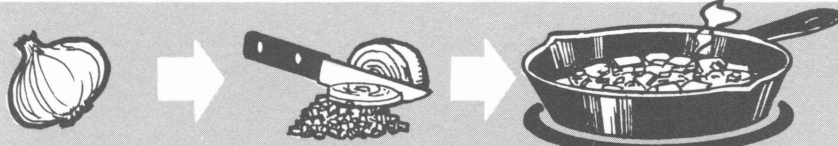
4



Put liver in hot fat. Let it brown. Turn it. Brown other side.

5 Turn on oven. Set it at 350°. This is a medium hot oven.

6

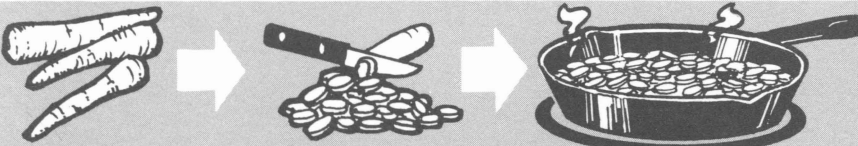


1 onion

Peel and cut it in small pieces.

Add to liver.

7

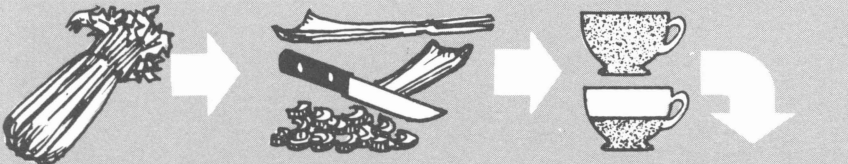


3 carrots

Peel and cut them in slices.

Add to liver.

8



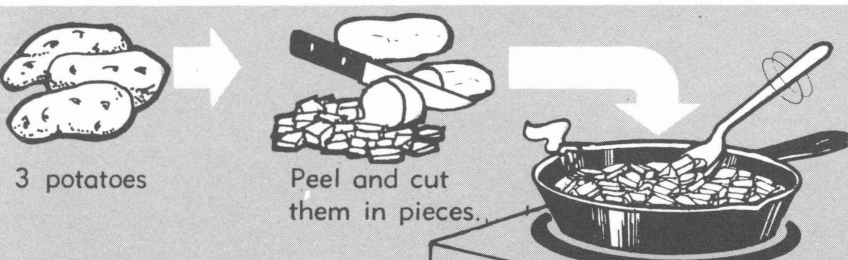
Celery

Cut it in small pieces.

1 1/2 cups

Add to liver.

9



3 potatoes

Peel and cut them in pieces.

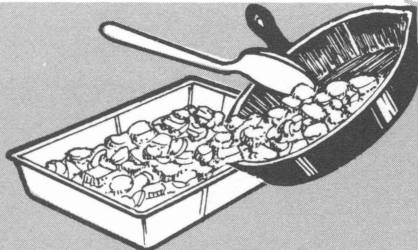
Add to liver.

Turn heat low.

Cook about 15 minutes.

Stir some as it cooks.

10



Pour liver mixture in a greased baking pan.

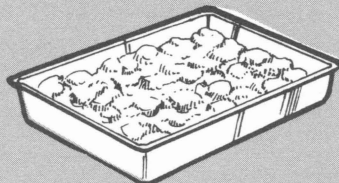
11



Tomatoes



2 cups



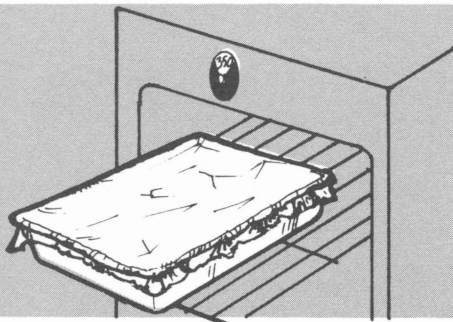
Pour tomatoes and juice over liver mixture.

12

Cover pan with a lid.

Bake in medium hot oven.

Bake 45 minutes.



**A Good Diet has meat, eggs, cheese,
or dry beans or peas every day.
It also has fruits and vegetables.
A good diet has milk and cereals.**

Reprinted with permission of Cooperative Extension Service, Auburn University, Auburn, Alabama.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion or national origin.

Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.

5M-10-74, Reprint

F&N 5